Summary of Programming Activities

*We tailor all experiences to best fit a group’s goals and context and can recommend a programming sequence for your group.*

**UNESCO Story Circles**

*Story Circles* build intercultural competence and cultural humility through prompts that explore cultural similarities and differences among participants. Piloted around the world by UNESCO, this methodology has proven to be effective in a range of different contexts and focused on a variety of different issues. Story Circles serve as a complementary strategy and resource to the work of Duke TRHT because they aim to build the skills, attitudes, and behaviors needed to improve interactions across lines of difference.

**Rx Racial Healing™ Circles**

*Rx Racial Healing™ Circles (RxRHC)* represent the Duke TRHT Center’s primary engagement strategy to promote racial healing and relationship building. The storytelling experience invites participants to exercise their agency and share personal truths in an affirming and compassionate setting. Sharing and connecting across narratives promotes perspective taking, invites deep and authentic connection, and helps begin or nurture the process of transforming hearts and minds.

**Key Objectives:**
- Embrace our common humanity through shared stories
- Expand our circles of engagement of those willing to work towards dismantling racism

**Transforming Dialogues on Race and Racism**

Using head-space learning and heart-space sharing, Transforming Dialogues on Race and Racism (TDRR) will explicitly explore the consequences and roots of race and racism to foster a greater critical understanding of the specific ways in which race and racism (individual, interpersonal, and institutional) differentially impact our daily lives. By doing so, they enable participants to experience increased empathy and compassion for one another. This session aims to inform traditional conversations about race and racism by using an unique approach that promotes individual agency. The dialogues also enlarge people’s hearts and minds as we continue to expand our circles of engagement of those willing to work towards dismantling racism.

**The TRHT Framework: A Holistic Approach to Racial Equity**

This session introduces participants to the national Truth, Racial Healing, and Transformation (TRHT) Movement and Framework—a comprehensive and community-based process to address the historical and contemporary sources of racism and bring about transformation and sustainable change. Through participatory dialogue, this session will guide participants to think about how they can integrate the core components of the TRHT Framework into their work and racial equity initiatives. A discussion on how the Framework can facilitate sustained individual, interpersonal and institutional changes within their specific context and/or communities will close our time together.

**Conceptual Framework**

*Affirmation and Appreciation*

*Sense of Belonging*

*Consciousness Change*

**Components Explored**

*Narrative Change*

*Racial Healing & Relationship Building*

*Structural Revolution*

- Separation
- Law
- Economy